

Best Practice Group Employee Wellbeing



Overall purpose

To share, explore and implement best practice around employee wellbeing. Post COVID and given our current economic challenges, the employee wellbeing agenda continues to expand with organisations needing an innovative and bold approach.

Current topics being discussed

- Designing and developing a wellbeing strategy and identifying the key ingredients, the role of organisational leaders and their visibility.
- Explore the meaning of Purpose and Wellbeing - the ability to experience and integrate meaning and purpose in life.
- Financial wellbeing what a business can do to support this.
- Explore Mental Health and mechanisms a business can deploy to do to support their employees.
- Explore the meaning of Social Inclusion and Belonging in Wellbeing - the extent the role a sense of belonging plays in wellbeing and how Organisations can embrace diversity, support minority groups and create an overall sense of belonging in supporting of their organisational wellbeing strategy.
- Explore Physical Health - this includes lifestyle choices that affect the functioning of our bodies.
- Evaluating the development of a wellbeing strategy and activities done to date.
- Resilience, the importance of supporting the development of this in a business.
- Discussion on supporting individuals effected by Menopause

Dates & times for 2023

- **16 February @ 10.00am – Purpose & Wellbeing**
- **9 March – Workshop Day – HWB Strategy Development**
- **13 April @ 10.00am – Financial Wellbeing**
- **26 May @ 10.00am – Mental Health**
- **15 June @ 10.00am – Social Inclusion, Belonging & Wellbeing**
- **13 July @ 10.00am – Physical Wellbeing**
- **August - Break**
- **14 September – Workshop Day – Review of Strategy Development**
- **12 October @ 10.00am - Resilience**
- **16 November @ 10.00am – Menopause**
- **14 December @ 10.00am – Annual Round up**

Resource

- Login facilities will be available to LDC member organisations
- We'll post material from the Best Practice Group and additional research material

BPG Lead

- **Donna Parkinson – Senior HR Business Partner, Portakabin**